

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

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WEIGHT CONTROL FOLLOW-UP - JUNE

June, 1983

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Foods and Nutrition

Dear DEB Member:

Does this month find you thinner than last month? Are you following the DEB plan faithfully? Weight reduction is a slow process but the rewards in the end are well worth the effort and time. Just remember to think positively. It is half the battle!

D
DIET

E
EXERCISE

B
BEHAVIOR MODIFICATION

DIET:

This month let's review nutritional labeling so that you can better judge the nutritional quality of the foods you buy! You can judge a product by its label.

The organization responsible for creating the guidelines that food processors must follow with regard to nutrition labeling is the U.S. Food and Drug Administration. These guidelines or practices allow the consumer to identify what nutrients are in food products.

What's On A Label?

- (1) Serving size
- (2) Number of servings
- (3) Calories
- (4) Protein
- (5) Vitamins A, C, B₁, B₂
- (6) Niacin
- (7) Calcium
- (8) Iron

You should find all of this information on a label and given in this order. If a processor wishes to inform you of the nutrients present in his product, he must list them in this order. Other nutrients must be listed if they are added to the food. The order for listing such nutrients is as follows: Vitamin D, E, B₆, folic acid, B₁₂, phosphorus, iodine, magnesium, zinc, copper, biotin and pantothenic acid. Next to the nutrients is a listing

of percentages. These show what percentage of the U.S. Recommended Daily Allowance is in the food. The U.S. Recommended Daily Allowance is based on what nutrients a young person with limited exercise should get from the food eaten in one day. It is a value derived from the 1968 Recommended Dietary Allowances and is simply a guideline.

Which foods are labeled? Foods that carry a special nutritional claim such as "high in vitamin C" or "low in calories" must have labels. Foods that are enriched or fortified (ie., foods which have had nutrients added) also should have nutritional labeling. Milk fortified with vitamin D and enriched cereal are just two examples.

How do you use the labels? By using the four food groups as a guide and the nutrition information provided on the labels, food buying can become easier, letting you make wiser food choices. Take time to read the labels and you'll be able to select nutritious well planned meals. Choose those foods offering you the most nutrient return in relation to caloric intake.

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EXERCISE:

Physical fitness can be viewed as a measure of the body's strength, stamina, and flexibility. It is a reflection of the ability to perform physically and enjoy yourself without undue fatigue. Physical fitness has many facets. These include proper nutrition, adequate rest and relaxation, good health, good medical and dental care, and adequate physical activity. Why do we need physical activity? Our muscles are meant to be used. When they are not used, or not used enough, they deteriorate and get flabby.

Muscles make possible every overt motion. They push food along the digestive tract, suck air into the lungs, and tighten blood vessels to raise the blood pressure when the body needs it. The heart itself is a muscular pump.

Increased physical activity will not only result in weight loss, but a daily exercise routine will improve functioning of the heart, lungs, and circulatory system. The heart beat becomes stronger and steadier, breathing becomes deeper, and circulation improves. Other benefits of exercise include increased joint flexibility, reduction of minor aches and pains, improved posture, firming of flabby tissue, and the improved ability to relax and reduce tension.

BEHAVIOR MODIFICATION:

To achieve continuous weight maintenance and/or loss, expend energy every chance you get. Sit instead of lying down, stand instead of sitting, walk instead of driving, take stairs instead of elevators, and any other "long cuts" that are possible. Your goal should be to burn 250 extra calories every day through exercise. To do this, try increasing normal activities by answering the phone that is the furthest away (if you have more than one), parking the car at the far end of the parking lot or a block away from where you are going, or walking instead of driving.

To increase your exercise time, try choosing some activity you like to do. Start out slowly and avoid strain. Vary your exercises. Exercise with someone else, if possible.

Estimate the number of extra calories you expend each day through exercise. Try to increase this number by 50 to 100 kcal per day during the next month. Try some of the exercises on the physical activity chart and record your performance.

R
RECORD

A
ANALYZE

P
PLAN

RECORD:

Things I did this month to gain a better understanding of nutrient labeling.

<u>Day</u>	<u>Activity</u>	<u>How I Felt</u>	<u>I will try again</u> <u>I won't try again</u>
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ANALYZE: Let's Think Things Over!

- (1) Are you using your increased knowledge of nutrient labeling to buy and plan nutritious meals?
- (2) Can you make label reading a habit?
- (3) How clearly do you understand the facts about physical fitness?

PLAN:

- (1) This month I am going to make reading nutrition labels a habit.
- (2) I will attempt to determine my approximate intake of the nutrients listed on the labels by recording the percent U.S. Recommended Daily Allowances.
- (3) I will keep track of the nutrients I may not be getting enough of and will make an effort to concentrate on making up these deficiencies.
- (4) I will expend as much energy as I can by trying to increase my physical activity expenditure by 50-100 calories daily for the next month.

Please let us know about your continuing success. Fill in and return the form below to the Extension Office. Thanks so much.

DEB FOLLOW-UP PROGRAM
Monthly Progress Report
of

for
June, 19___. Weight_____lbs.

RECORD OF ACTIVITY PERFORMANCE

ORIENTATION PROGRAM	GOAL	DAY													
Conditioning Exercises	Repetitions	1	2	3	4	5	6	7	8	9	10	11	12	13	14
1. Bend and stretch	10														
2. Knee lift	10 left, 10 right														
3. Wing stretcher	20														
4. Half-knee bend	10														
5. Arm circles	15 each way														
6. Body bender	10 left, 10 right														
7. Prone arch	10														
8. Knee pushup	6														
9. Head and shoulder curl	5														
10. Ankle stretch	15														
Circulatory Activity (choose one each workout)															
Walking	1/2 mile														
Rope (skip 15 sec.; rest 60 sec.)	3 series														

For a description of the activities, see Adult Physical Fitness, A Program for Men and Women, prepared by The President's Council on Physical Fitness. For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Price 80 cents.